



# Understanding OAB and the Spoon Theory

by NEWLIFEOUTLOOK TEAM

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## Understanding the Spoon Theory

When people can't see evident proof of illness, they doubt pain and experience. This is the everyday life of a chronic illness sufferer — not being understood.

This is where the spoon theory comes in — ever heard of it? It was created as a way to explain what it's like to have a chronic illness in a way that people can easily understand.

Using spoons to represent energy, the spoon theory demonstrates how each task you complete in a day “costs” a certain amount of spoons. Once you're out of spoons, you have no more energy left for the day — a problem most healthy people do not have.

Continue reading below to learn more about the spoon theory and ways you can connect to fellow chronic illness sufferers.

# what is Spoon Theory?



The **Spoon Theory** was created as a way for people with chronic illness to explain their experience to others.

## = ENERGY

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**IN THE U.S. ALONE**  
there are at least  
**112 MILLION**  
people living with one or more  
**CHRONIC ILLNESSES**<sup>1</sup>

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Despite this, there is still a lack of understanding towards sufferers.

## HOW IT WORKS

When you have a chronic illness, you have a **limited number of spoons** for each day — and each task you complete costs a certain number of spoons.

Once your spoons are gone, they're gone.

Say you have **10 tasks** to accomplish in a day — like showering, getting dressed, going to work, etc. — and only **10 spoons** for that day.

Some tasks may require more than one spoon, so some things won't get done. You could dip into your spoons for the next day, but then you'll have even fewer spoons tomorrow.



The difference in being sick and being healthy is having to make choices... the rest of the world doesn't have to.<sup>2</sup>

- Christine Miserandino, spoon theory creator.

## AM I A SPOONIE?

The theory has a following of people with a range of conditions who call themselves **Spoonies**.

Conditions the Spoon Theory Applies to Include:

- |                            |                         |
|----------------------------|-------------------------|
| ★ Lupus                    | ★ Arthritis             |
| ★ Fibromyalgia             | ★ Diabetes              |
| ★ Depression               | ★ Cancer                |
| ★ Anxiety                  | ★ Chronic pain syndrome |
| ★ Chronic fatigue syndrome | ★ Osteoporosis          |
| ★ Multiple sclerosis       | ★ COPD                  |

### Show the Spoonies in Your Life You Care.

Share to get the word out about chronic illness and end stigma against sufferers.

Follow the discussion using #Spoonie  
#SpoonieProblems #SpoonieChat #SpoonieLife

#### Resources

- 1 <http://www.cdc.gov/chronicdisease/overview/>  
2 <http://www.butyoudontlookick.com/articles/written-by-christine/the-spoon-theory/>

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